PART 2

You should spend about 15 minutes in this part.

Read the text below and correct the underlined errors. For each question, write the correct word in the space provided on your answer sheet.

Benefits of Bitter Food

In today's world, many people overlook the importance of bitter foods in their diet. We usually **(0)** likes sweet or salty flavours. However, bitter foods are really important for our digestion. Things like leafy greens, certain fruits, coffee **(9)** or dark chocolate have essential nutrients. They also **(10)** has unique properties which help our stomachs work well. When we eat bitter foods, **(11)** he increase the production of enzymes and stomach acids. This helps our body break down food and absorb nutrients. Also, bitter stuff makes our body release a hormone **(12)** calling gastrin. This hormone helps **(13)** my body digest fat better. Not only that, bitter taste helps our bodies nervous system work better, so our digestion **(14)** improved. Bitter foods also contain polyphenols. These help feed good bacteria **(15)** on our gut. Having good bacteria in our gut helps us stay healthy. It is important to **(16)** tries eating some bitter foods even if we don't like them at first. They can make us healthier in lots of ways.

Example:

0	like

9		**10**		**11**		**12**	
13		**14**		**15**		**16**	

[8 *marks*]

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LIVEWORKSHEETS